

## **EXPANDING TMI'S GLOBAL PRESENCE: NEWS FROM ROMANIA**

*by Andrea Berger in collaboration with Professor Petru Stetiu and Ritta Nicoara*

*Andrea Berger grew up in Bucharest, Romania, and has traveled throughout India studying yoga and meditating on inner light and sound. She now lives in Cincinnati, Ohio, with her husband and their two children. Andrea works as an information technology manager for a large consumer goods company and is a certified VortexHealing® Divine Energy Healer, a Reiki master, and an enthusiastic tai chi practitioner. In her "spare" time, she is a graduate student in transpersonal psychology at Atlantic University in Virginia Beach, Virginia. Between 2003 and 2006, Andrea attended the GATEWAY VOYAGE®, LIFELINE®, TIMELINE, EXPLORATION 27®, and STARLINES. She is now an accredited OUTREACH facilitator.*

The Monroe Institute's activities in Romania have expanded significantly in the last three years. After the publishing of *Journeys Out of the Body*—translated by Professor Stetiu—in the Romanian language in 2008 (see article by Irene Cupe, TMI Focus, summer/fall 2009), *[See: Topics/International/Romania]* more and more people became interested in The Monroe Institute®.

Starting in June 2008, Professor Stetiu conducted weekly Hemi-Sync® sessions at the Municipal Cultural House in Cluj, a large city in the north of the country. Each session was attended by at least ten people and included short talks on various topics: Hemi-Sync, its therapeutic benefits, TMI, and out-of-body experiences (OBEs). The talks were followed by two exercises from either the *GOING HOME*® series, *OPENING THE HEART*, or *HUMAN PLUS*. Some remarkable experiences were reported to Professor Stetiu during the workshops. While listening to the *Access to Energy* exercise, one participant remarked that she felt as if she was re-entering the cosmic womb, where she felt ecstatic and one with All That Is. Another participant, listening to *Touring the Interstate* from the *GOING HOME* series, felt flushed with love and light while passing through Focus levels 25, 26, and 27. Encouraged by the strong local interest, Professor Stetiu established the first Romanian local chapter group in Cluj in the fall of 2008.

Then in August 2009, Andrea Berger—assisted by Professor Stetiu—conducted the first *EXCURSION* workshop in Cluj. It was a great success! Lots of work went into this undertaking, as all the workshop materials had to be translated and recorded in Romanian. The hard work really paid off when twenty-six participants attended. We couldn't have wished for a better outcome! Participants came from all parts of the country, Constanța, Oradea, Bucharest, Satu-Mare, and Cluj, though about half were from the Cluj area. It was amazing to see how the group energy transformed/united by the second day, as the group bonded and people started to open up to each other. Many had good experiences, some even had amazing ones: meeting

guides, seeing lights, going through the portal in the Quantum Self exercise, and becoming one with All That Is. One couple's dead son appeared to another participant and gave her a message for his mother. A participant encountered Bob Monroe, and numerous synchronicities occurred throughout the program.



*EXCURSION* workshop participants

The group was very strong energetically and well prepared, as several people were experienced meditators and had been previously exposed to Hemi-Sync. There were several doctors, psychologists, and energy healers in the group, but also educators, business people, and information technology managers. The delivery technology worked well, despite its complexity. We mixed the sounds from two iPods® with an iPod mixer—to include the Romanian translation on top of Bob Monroe's voice—and used “boosteroos” to amplify the sound and long wires to connect all twenty-six participants. Most people had limited (if any) English and really appreciated the fact that the program was held in Romanian, including all the exercises. I could sense the strong interest people had in TMI and Hemi-Sync. All the CDs I brought with me were purchased quickly, and several people placed follow-up orders.

The venue for the program was a conference room at the Tulip Inn in the forest of Faget near Cluj, which worked quite nicely even though on both days there was a wedding in the late afternoon. The weddings added some noise but also lent a joyful “energy boost” to our meditations.

Here is what Ritta Nicoara had to say about her experience:

“When I came to the *EXCURSION* workshop in Cluj, I didn’t expect any peak experiences, because I had just returned from the *GATEWAY VOYAGE*® program in Spain with Carol Sabick, and those experiences were still very fresh and strong in my mind. But still, my heart was longing for more immersions into my inner worlds and I was craving the energy of the group ... and I was looking forward to meet Andrea. The venue was beautiful, the organization excellent, and when Andrea started to present the program, she was radiating such inner warmth and peace that—slowly—I entered into a state of profound resonance with her and felt that I was in the right place at the right time. Once we started the exercises, I felt that my journey of self-exploration and discovery did not start anew, but continued from the point I had left it at [the] *GATEWAY VOYAGE*. I was back into deep and profound dimensions, where new aspects of myself were slowly revealing themselves to me. I could feel the effects of Hemi-Sync working on me and, though the program was only two days long, the intensity of my experiences was extraordinary. Perhaps my subconscious knew that there was no time to waste—we had to take full advantage of every moment and explore as much as possible. Andrea created a protective and loving environment in which we all felt safe, accepted, and understood—gently and patiently answering our questions and guiding us along our journeys. In my view, the *EXCURSION* workshop is much more than an introductory program to Hemi-Sync. It is very powerful in its own rights! Needless to say, I had a marvelous experience. Thank you, Andrea.”

At the end of the program, we set our group intention on bringing the *GATEWAY VOYAGE* six-day program to Romania in Romanian. I am thrilled to report that this dream has become a reality. The first *GATEWAY VOYAGE* course happened on July 10–16, 2010, in a retreat near Brasov at the foothills of the Piatra Craiului Mountains. Carol Sabick facilitated with assistance from me. In September 2009 following the *EXCURSION* workshop, Dr. Crina Veres—one of the *EXCURSION* participants and co-coordinator of the TMI Local Chapter in Cluj—gave a talk about Hemi-Sync that concluded with a Hemi-Sync exercise. She spoke at the annual conference of the National Association of Complementary Therapies in Romania (ANATECOR). The conference drew more than 150 attendees. This event was hugely successful, and as a result, several participants joined the local chapter meetings in Cluj.

There are now three TMI local chapter groups in Romania: the initial one in Cluj, one in Bucharest, and one in Satu-Mare. The last two were founded by two of the *EXCURSION* participants, one of whom, Ritta Nicoara, is now in the final phase of being certified as a TMI OUTREACH facilitator.

To date, approximately 220 Romanians have been exposed to Hemi-Sync. We hope this number will grow fast in the coming year, as more local chapter meetings, *GATEWAY VOYAGE* programs, and *EXCURSION* programs are conducted. It is indeed a humbling and

gratifying experience to witness how people from all over the world—regardless of their cultural and religious background—are united in their interest in Hemi-Sync and come together to “awaken through the exploration of consciousness.”

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